



## Spicy Tortilla Soup

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 avocado ripe cubed peeled
- 2 chicken bones
- 64 ounce cans chicken broth low-sodium canned
- 8 corn tortillas
- 2 ears grilled corn
- 8 ounces feta fresh white crumbled
- 0.5 cup cilantro leaves fresh coarsely chopped
- 2 medium jalapeños sliced

- 1 juice of lime juiced
- 1 large onion red coarsely chopped
- 2 large tomatoes diced

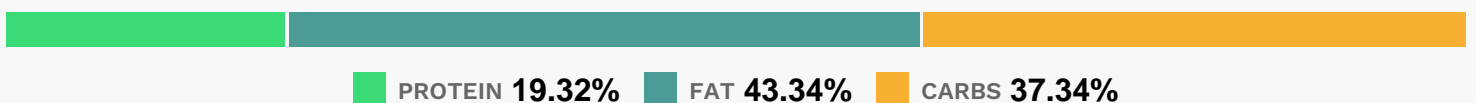
## Equipment

- bowl
- baking sheet
- sauce pan
- ladle
- oven
- colander

## Directions

- Heat oven to 350 degrees F.
- Cut tortillas into 1/2-inch-thick strips and arrange them on a cookie sheet in a single layer.
- Bake them 5 to 10 minutes, or until crispy.
- In a large saucepan, bring the chicken broth and chicken bones to a boil. Reduce heat to low; cover and simmer for 20 minutes.
- Place a colander over a second large saucepan and strain the broth through it. When the bones are cool enough to handle, pick off the remaining meat and add it to the strained broth. Stir in the onion, tomatoes, jalapenos, and lime juice.
- Heat about 5 minutes more to blend flavors.
- Cut the corn from the cobs and add it to the soup. Divide the baked tortilla strips among 4 bowls. Ladle in the soup and serve with bowls of cilantro leaves, cubed avocado, and crumbled cheese to use as toppings at the table.

## Nutrition Facts



## Properties

Glycemic Index:54.88, Glycemic Load:12.01, Inflammation Score:-9, Nutrition Score:26.156956672668%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 7.56mg, Quercetin: 7.56mg, Quercetin: 7.56mg, Quercetin: 7.56mg

## Nutrients (% of daily need)

Calories: 506.31kcal (25.32%), Fat: 25.94g (39.91%), Saturated Fat: 9.62g (60.14%), Carbohydrates: 50.29g (16.76%), Net Carbohydrates: 40.91g (14.88%), Sugar: 9.5g (10.56%), Cholesterol: 39.12mg (13.04%), Sodium: 602.48mg (26.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.02g (52.03%), Phosphorus: 617.47mg (61.75%), Vitamin B3: 9.38mg (46.88%), Vitamin C: 33.68mg (40.82%), Calcium: 406.77mg (40.68%), Fiber: 9.38g (37.54%), Potassium: 1217.54mg (34.79%), Vitamin A: 1588.3IU (31.77%), Copper: 0.52mg (26.2%), Vitamin B6: 0.51mg (25.71%), Magnesium: 101.74mg (25.43%), Vitamin K: 26.09µg (24.85%), Manganese: 0.48mg (23.9%), Vitamin B12: 1.41µg (23.44%), Vitamin B2: 0.39mg (23.06%), Zinc: 3.35mg (22.36%), Folate: 88.93µg (22.23%), Selenium: 14.78µg (21.11%), Vitamin B1: 0.23mg (15.23%), Vitamin E: 2.24mg (14.94%), Vitamin B5: 1.44mg (14.38%), Iron: 2.58mg (14.33%), Vitamin D: 1.53µg (10.21%)